

INTOUCH

NEWSLETTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION INC.
NEW YORK CHAPTER • WINTER 2013



Reflections of the New York State
Capitol building and The Egg
Performing Arts Center, Albany NY

JOIN US FOR LOBBY DAY 2013

BY PAT COLLINS

Mark your calendars! On Tuesday, May 7, 2013 AMTA-NY, Chapter members will gather in Albany to meet with Senators and Assembly people to discuss their support for a bill making changes to the Workers' Compensation Law. In the 2012 session, we had more support than ever, but not quite enough to pass the bill.

Workers' Compensation Law was written before massage became a licensed profession. Massage therapy, as a treatment, is covered by the current Workers' Compensation law. However, because of the age of the existing law and the licensing of our profession after it was passed, the reimbursement of licensed massage therapists under Workers' Comp is not mandatory. We know that many LMT's do submit and get reimbursed for Workers' Comp, but reimbursement isn't mandatory as it would be if provided by physical therapists or some other types of health care providers who have massage in their legal scope of practice. It is time for LMT's to be included in this law.

Lobby Day 2013 is a time for us to go to the Capitol and explain this to our Senators and Assembly people and to let them know that we, as voters and as their constituents, support the inclusion of massage therapists in this law. Session resumes in January and "our" bill will receive bill numbers then.

When the AMTA-NY Chapter Law and Legislation Committee spoke with the Workers' Compensation Board regarding the changes that were enacted in December 2010, the board said they didn't discuss changes with

us since we aren't part of the law. The changes implemented in December 2010 (simply stated) are that Workers' Comp is putting treatment protocols in place for certain conditions and injuries and every practitioner must follow the protocol or not be reimbursed.

"Lobby Day 2013 is a time for us to go to the Capitol and explain that we support the inclusion of massage therapists in this law."

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MESSAGE THERAPY ASSOCIATION INC.
NEW YORK CHAPTER • WINTER 2013

CIRCULATION 4,000

EDITOR Tony Siacotos

NEWSLETTER COMMITTEE Mary Beth Clancy-Halayko

IN TOUCH is published quarterly by the American Massage Therapy Association New York Chapter, a non-profit professional organization of licensed massage therapists, massage therapy students and member schools. This publication welcomes contributions from readers. Submissions must include the author's name, address, telephone number, and photo. Copyrighted material must be accompanied by a release from its holder. Submissions can be emailed to office@amta-ny.org.

AMTA-NY reserves the right to accept or reject materials. Submissions may be edited for length or clarification. We assume no responsibility for errors, omissions, corrections, or modifications in publication. The opinions contained in this newsletter do not necessarily reflect those of the NY Chapter.

PER ISSUE ADVERTISING RATES

All ads must be prepaid and submitted in camera-ready or industry standard format (jpg, tif, pdf, eps). Make check payable to AMTA-NY and mail payment to Chapter Office.

Ad Prices

Full page	\$350	Business Card	\$100
Half page	\$250	Classified Ad	\$50
Quarter page	\$200		

Deadlines

Spring/Summer: May 3, 2013

Fall: October 1, 2013

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JOIN US FOR LOBBY DAY 2013

continued from front cover

Massage may or may not be part of treatment protocols depending on the illness/injury being treated and on the practitioner (physical therapist, chiropractor, etc...) for whom the protocol is intended. With the passage of this bill, the massage therapy profession will at least have a "seat at the table" to talk with the Workers' Comp Board.

We will meet for dinner on Monday evening May 6th to discuss the issues. Your AMTA-NY Chapter provides shared overnight rooms at a nearby hotel for those travelling distances.

A breakfast meeting is led by our brilliant lobbyist, Rebecca Marino, on Tuesday morning. She will give us tips on proper lobbying and give us our Senate/Assembly meeting schedule. Then we will all go to the Capitol for the day. If there's time, she often gives us a little tour of the beautiful and historic Capitol building too.

Please join us for Lobby Day on May 7th, 2013 and ***let your voice be heard!***

MESSAGE FROM THE PRESIDENT

BY CINDY ALLEN



Happy New Year to You All!

For those of you who don't know me, I'm Cindy Allen, New York Chapter President and a fellow licensed massage therapist. With luck, I will have the opportunity in the coming year to meet those of you I haven't yet!

Like me, I'm sure many of you had your share of ups and downs in 2012. It was a year of hope, with the presidential election completed and the compelling performances of the Summer Olympics as they played out on the world stage. It also was a year of sadness and heartache, as we witnessed -- many of us, first-hand -- the devastation and tragedy left in the wake of Hurricane Sandy. On behalf of my fellow Chapter Board members, I want to extend to all those members affected by Sandy our best wishes for a quick recovery and a safe New Year.

It is with a sense of anticipation that I'd like to invite our members to the chapter's Annual Convention, to be held this year from April 19 to April 21 at the historic Sagamore Hotel in Bolton Landing. Further information on this year's convention can be found on our website as well as in the "Convention at a Glance" newsletter that you should have recently received.

Another bright spot for our members is sure to be the upcoming reflexology certification course, which will be held over three 3-day weekends in the next nine months. The Western NY and Western Finger Lakes Units are jointly organizing the course. Those who attend the course in its entirety and successfully complete the

coursework and home study will be eligible to sit for the reflexology board examination. Further information and a class schedule is available in this newsletter and on our website.

Finally, your board and chapter representatives in 2013 will begin organizing Community Service Emergency Response Massage teams in various regions of the state. In the aftermath of Hurricane Sandy, after the storm had passed but the organized response to it was still in its early stages, several chapter members and non-members proposed making on-site massage services available to emergency responders. It's a daunting prospect, especially for individual LMTs trying to make a meaningful contribution to response and recovery efforts. It's our hope these trained teams will provide respite and a bit of comfort to those public servants trying to return the lives of disaster victims to some semblance of "normal."

2012 was a difficult and transitional year for many of us. It also served as a reminder of the resolve, perseverance and desire to heal that we all share. I'm confident we'll put these qualities to good use on behalf of our clients in 2013, both as individuals and as a chapter.

Best wishes for a prosperous and healthy year to you and yours.

Cindy Allen
President, AMTA-NY



“I don’t want to hear the specials. If they’re so special, put ‘em on the menu.”

– Jerry Seinfeld

“Say! I like green eggs and ham! I do!! I like them, Sam-I-am!” – Doctor Seuss

I’m using menu and food metaphors this month because this is the last newsletter you will receive before we have our annual convention in April, and what a menu of classes it is! Plus, I love Seinfeld and I love the way Sam-I-am went from hating green eggs and ham to liking green eggs and ham.

Because of your feedback, we are continuing our trend of offering the in-depth classes for which you have asked. I’d like to take you on a tour of this year’s convention

with a closer look at our instructors:

Laura Allen is widely known in the massage field. She owns her own practice, is a published author, sits on the visiting faculty for the Obus School of Healing Therapies in Leixlip, Co Kildare, Ireland, and the Board of Advisors for the Asheville School of Massage & Yoga in North Carolina. She is presenting a variety of classes in ethics, research, and business.

Judith DeLany began teaching NeuroMuscular Therapy in 1984 and has emerged as a leading pioneer in the field of NMT. She is

an author and an internationally recognized speaker. She has served as a presenter and/or keynote speaker at numerous conventions and conferences in various fields of medicine. She has been awarded recognition for legislative work as well as outstanding instruction. She will present different strategies for treating the shoulder and the foot.

Barbara Korosec is presenting Lymphatic Drainage Therapy (LDT-1) on behalf of the Chikly Institute. This is an intensive LDT-1 certification class that spans the length of convention and is geared for those interested in and serious about learning lymphatic drainage. This class highlights a hands-on method of lymphatic drainage that combines anatomical science and manual techniques to detect the rhythm, direction, and quality of lymph flow anywhere under a person’s skin. Please be aware that if you do sign up for this class, it extends for the length of the convention and you won’t be eligible to take other classes.

Jeff Mahadeen will present Myofascial Release techniques. In Friday’s 8-hour class, you will explore posture analysis and treatments of the lower leg. Saturday’s 8-hour class will cover the anatomy and physiology of fascia; then participants will assess the leg prior to treatment, and develop treatment plans and Myofascial Mobilization treatments for the leg. Sunday’s 4-hour class will be spent assessing the pelvis and creating



Eugene graduated with a BS degree in Experimental Psychology in 1974. He has 30 years of business experience. For the past 15 years, he has held several positions in the field of computer training using his instructional design and project management skills, creating learning content and delivery of training. Eugene graduated from the Swedish Institute to realize his dream of becoming a licensed massage therapist.

Email: eugenelmt@verizon.net

Myofascial Mobilization treatments of the lumbopelvic girdle. Jeff has been teaching Myofascial Release in various schools around the country. He has written school curriculum for many schools throughout the northeast.

Dale Perry has been teaching massage for 20 years. Dale's work is focused in sports, injury rehabilitation and lymphatics. Dale enjoys sports and he has worked with professional and Olympic athletes. Dale teaches sports massage, assessment skills, NMT, and Applied Techniques and Pathology. His students benefit from his vast experience and skill, as well as his gentle demeanor. On Sunday, he will present a 4-hour class in body mechanics/deep tissue massage. The lecture portion of the class explores the basic tenets of proper body mechanics and the concepts of balance and movement as they relate to massage. The hands-on portion will focus on application of body mechanics and stroke usage, as developed by Dale, for restoring balance to your movement and for pain reduction.

Elaine Stillerman will be presenting her 23 hour Mothermassage® certification course. This class is geared for those interested in and serious about prenatal and pregnancy massage. Registered students can receive professional certification from Elaine. They would, however, have to pass a take-home exam and massage two different pregnant women. There is only room for 46 students, so if you want this class, you should sign up early. Also be aware that if you do sign up for this class, it extends for the length of the convention and you won't be eligible to take other classes.

Ruth Werner is a massage therapist, writer, and educator with a passionate interest in the role of massage for people who are not in perfect health. She returns this year with four outstanding classes. On Friday morning she talks about "Fibromyalgia and the "Invisible" Diseases." That afternoon, she talks about "Massage and Public Health: Herpes and Hep and Flu, Oh My". On Saturday morning, she shows us how to write a case report with "Citizen Science: the Case for Case Reports." Wrapping up on Saturday afternoon, she will present "The Ethics of Client Communication: Talking to Clients about Their Health."

For more information about this year's convention, please visit our website. I look forward to seeing you there!

Yours in learning,



Eugene Wood
1st Vice President, AMTA-NY Chapter

AMTA-NY is excited to present our new *IN TOUCH* AMTA-NY electronic newsletter. In an effort to save the substantial resources involved in producing this quarterly newsletter, *IN TOUCH* AMTA-NY will now be distributed electronically!

If you would like to print a copy of our e-newsletter, it is available on our website, www.amtany.org. If you do not have regular access to a computer and prefer to continue receiving this publication by mail, please notify us at office@amtany.org or call 866-777-9655.

Thank you for helping reduce our consumption and carbon footprint. We hope you enjoy our new e-newsletter!

HAVE SOME EXTRA TIME? WE NEED YOU!

Do you want to give back to your chapter, your profession and/or your community? Every unit in the chapter is spread over at least six counties. We would love to have you be the organizer for a meet-up. If you are interested please contact your unit chairs. The unit chairs also need volunteers to help with member contacts, setting up classes and many other tasks. Most of the chapter's committees also need volunteers. CSMT is always in need of helping hands at the Community Service Massage Team events.

Please consider joining us soon!

CSMT CORNER

BY SAMANTHA PAIGE-GRAEBER, CHAIR

Hurricane Sandy has changed the lives of many residents in the New York, New Jersey, Connecticut and other affected areas. In response to this disaster, AMTA-NY is creating an Emergency Response Division of the Community Service Massage Team (CSMT). When invited, the Emergency Response Teams will be deployed from the CSMT Emergency Division to provide chair massage to first and second responders who are working in disaster areas.

CSMT will be developing Emergency Response Team Training which we anticipate having available in the first half of this year. In order to become a member of the Emergency Response Team, you must be a member of CSMT and complete this training. Please check www.amtany.org for updates as to what the requirements are and where and when training will be offered. You are welcome to contact me directly with any questions you may have.

As part of its response to Hurricane Sandy, AMTA National ran a fund-raising campaign, offering to match every dollar donated. The campaign raised \$4,000 in donations which gave National a total of \$8,000 to distribute. AMTA gave that money to its chapters in those states most damaged by the storm: New York, New Jersey and Connecticut.

The AMTA-NY Chapter BOD voted to use its portion of the funds to establish the CSMT - Emergency

Response Division. Even though our hearts go out to all those who were hit by the storm, the AMTA's IRS status does not allow the distribution of funds directly to individual members. The BOD's hope is that funding training to prepare our membership to respond to future disasters is the next best thing. We'll be ready, even as we hope we never need to use that training.

On November 17th, AMTA-NY was contacted by AMTA-Missouri's CSMT Director. Emergency Responders from Missouri who were helping in the Sandy recovery efforts were stationed in Albany. They had enjoyed working with the Missouri CSMT and had reached out to that chapter for help in getting massage into the NYS Office of Emergency Management (OEM). The AMTA-NY CSMT was then invited to provide massage to responders stationed in Albany on November 27th, December 4th, and December 11th. A total of 67 massages were given. Thank you to Team Leader, Larry Rockwell, and team members Regina Epp and Michael Cororan for a job well done! We could not have done it without you. The responders were very grateful and gave sincere thanks for their massages. Our NYS OEM contact also expressed just how much the responders truly appreciated our presence there! It's nice to know we touched those who were in need and that we had the opportunity to introduce massage to individuals whose first experience was with us.

AMTA-NY ELECTION CENTRAL 2013

WHAT YOU NEED TO KNOW ABOUT THE 2013 ELECTIONS

BY: SUE A. AMELL, LMT, 2ND VICE PRESIDENT

AMTA-NY 2013 Chapter Nominations and elections will be held during the Business Meeting at the Chapter Convention at the Sagamore Resort in Bolton Landing, NY, on April 20, 2013.

The following Chapter Offices are up for election this year:

1st Vice President

3rd Vice President

Treasurer

3 Delegates (2-year term)

Elections are held every year in this state and

across the country for officers seated on the Board of Directors for AMTA Chapters. According to rules set by the AMTA National Office, all states elect their 1st Vice President (VP), 3rd Vice President and Treasurer on odd years (2013) and President, 2nd Vice President and Secretary on even years (2014).

Each year a call for nominations is sent to the membership by email, posted on our website and announced through our newsletters. All members are encouraged to participate in the election process by volunteering for an officer position, as a committee chair or even a workgroup position. We are looking for candidates in 2013 for the positions of 1st Vice President, 3rd Vice President and Treasurer.

In accordance with the AMTA-NY Chapter Standing Rule 3.2, qualifications for elected officers shall be as follows:

- a) Candidate for elected office must be a Professional member in good standing, for a period of not less than a year prior to being nominated.
- b) A candidate for the office of President or 1st VP shall have held an elected or appointed position within the AMTA-NY Chapter within the three (3) preceding years and must have attended at least one National Officers' Training.

If volunteering as an officer is not currently feasible, we will also be electing our delegates to represent us on the National level. Delegates play a very important role for the membership in AMTA. They are our voice on the national level. National AMTA has changed the terms of delegate elections; starting in January 1, 2011, delegates will serve two-year terms. This means that when a candidate is elected to serve as a delegate they will serve for two years (2013 and 2014). At the 2013 AMTA-NY Convention, the membership will elect three delegates to a two-year term. In 2014 two delegates will be elected to a two-year term.

Delegates are accountable to the membership and are elected by the membership. AMTA National requires that a delegate must be a professional member in good standing of the Chapter to which they are assigned; must sign the AMTA Chapter Volunteer Code of Conduct; agree to uphold and abide by National AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, and job description; and shall not be an AMTA National Board member. For a complete job description and a list of frequently asked questions, please read the HOD Tool Kit.

Elections are open to all professional AMTA-NY members in good standing. All candidates and volunteers must sign the Chapter Volunteer Code of Conduct. The Chapter Volunteer Code of Conduct will be automatically sent to the National Office. Please print out prior to sending and submit to the NYS Chapter Office with your Chapter Officer Election Form. All candidates are asked to fill out a resume with all pertinent professional information in massage therapy as well as other offices held, qualifications for the office you are seeking, reasons and objectives for seeking the office and any professional or community experience.

If you would like to run for any of these chapter offices, please fill out the Chapter Officer Elections form and submit it to the Chapter Office by April 15, 2013.

AMERICAN MASSAGE THERAPY ASSOCIATION NEW YORK CHAPTER



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Deb Reifenrath

Community Service Massage Team Coordinator
Samantha Paige-Graeber

Lead Delegate
Theresa Regan

Education Committee
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Website Manager
Sue Amell

New York State Delegates, AMTA National Convention

2012 and 2013
Peter Cooper
Jeff Haley

NEW YORK UNIT UPDATES:

CAPITAL DISTRICT UNIT:

LARRY ROCKWELL, CHAIR

Chair Massage Events

The Capital District Unit has participated in several Chair Massage events in the past few months to help promote Licensed Massage Therapy in general and AMTA's ongoing commitment to community service. For National Massage Therapy Awareness Week, we participated in a 7 1/2 hour event for the American Red Cross Northeastern NY Region on Everett Road in Albany. On November 7th, chair massage was performed at the Albany Public Library's Health Fair at the museum on Central Avenue in Albany.



Larry Rockwell provided massages to many of the donors at the Red Cross Blood Drive in Albany on October 25, 2012.

On November 27 and December 4th and 11th, we had the opportunity to provide chair massage at the Office of Emergency Management on the State Campus in Albany to the activation staff who were involved with the resolution of problems created by Hurricane Sandy. AMTA Members Regina Epps, Michael Corcoran, Samantha Paige-Graeber, and Larry Rockwell volunteered their time and energy.

Member news

AMTA-NY was represented at a job fair held at the Center for Natural Wellness School of Massage Therapy on August 9th from 4:30pm – 7:30 pm. AMTA-NY joined approximately 20 other vendors that employ massage therapists or provide business support/networking or wellness services. In addition, the fair had resource tables available for several spas with immediate openings that were collecting resumes and applications for employment. The event was attended by 175 – 200 people.

For more information on the Capital District Unit, please contact Larry Rockwell:
518-657-9923 • larry-rockwell@nycap.rr.com

CENTRAL NEW YORK UNIT:

KYLE HIERHOLZER, CHAIR

Meet Your New Chair!

Kyle Hierholzer LMT is a Syracuse native who graduated from the Onondaga School of Therapeutic Massage (OSTM Syracuse Campus) as Valedictorian in June 2011. Coming from a Banking & Finance background in Sales & Business Management, Kyle decided to pursue a career in Massage Therapy and was licensed in September of 2011. After functioning for a time as Student Services Director at OSTM, he was accepted to the Mayo Clinic School of Health Sciences Hospital Based Massage Therapy Training and Internship program which he completed as Valedictorian in December 2012. Kyle has been providing massage services at Matthews Salon Spa in Syracuse and building his home-based office in Baldwinsville since licensure. Kyle also recently accepted a position with NY Spine & Wellness in North Syracuse helping patients with chronic and acute pain for non-operative spinal conditions.

Kyle is committed to massage education and advancing the field into the medical setting. He enjoys volunteering at Upstate Hospital (Community Campus) in the Pain Management and Rehabilitation Center providing in-patient & out-patient massage services. He is also part of Crouse Hospital Integrative Health Alliance and serves on the Advisory Board for Crouse Hospital Institute for Integrative Medicine.

Kyle enjoys vacationing and camping with friends and family, spending time outdoors with his black lab, Jozie, and keeping active at the gym. He looks forward to serving as your Unit Chair and setting up some networking events very soon. Feel free to reach out by phone or email anytime!

For more information on the Central NY Unit, please contact Kyle Hierholzer:

315-569-4549 • kylelmt@massagetherapy.com

SOUTHERN TIER UNIT:

CHELSIE CRONELL, CHAIR

For more information on the Southern Tier Unit, please contact Chelsie Cronell:

607-287-6389 • ablemovementmassage@yahoo.com

UPCOMING CLASS:

Prenatal & Postpartum Massage Intensive

Instructor: Susanrachel Condon, LMT, CCE, LM

Date: March 16 - 17, 2013

Time: 10:00 AM - 6:00 PM

There will be a short unit meeting before class the first day.

CEHs: 14

Location: New Paltz Community Center, 3 Veteran's Drive,
New Paltz, NY 12561

Cost: Member: \$210 **Non-member:** \$350 **Student Member:** \$168

Early Registration: \$10 off for early registration before Feb. 20, 2013

Cancellation fee applies if canceled after: March 9, 2013

Participants should bring: a table, FOUR bed pillows (body cushion system acceptable with 2 additional pillows), two sheets and two large towels OR three sheets and one large towel, unscented oil (NOT cream), notebook.

Meal arrangements: Bring your own lunch or eat at the following restaurants located in New Paltz: Karma Road, Village Pizza, Mexicali Blue, or pick up something at My Market. Village Pizza and My Market are within walking distance. **Unit meeting will be held on the morning of Saturday, March 16, 2013.**

Brief Description of the Class:

This hands-on course emphasizes the anatomy and physiology of pregnancy, the use of bodywork as an adjunct to prenatal care, and the use of massage as a means of developing deeper kinesthetic awareness in preparation for labor and birth, and postpartum recovery.

The first day begins with a review of body systems through the lens of pregnancy physiology and structural change. Contraindications, common discomforts, benefits and goals of bodywork during pregnancy are discussed in detail. Distinguishing between common discomforts and concerns which require referral to a client's midwife or physician will be reviewed. Participants will learn about preparing the massage table and draping the client appropriately with optimal bolstering for each trimester of pregnancy. There will be a brief overview of emotional milestones during the three trimesters of pregnancy. Ethics and the role of the massage therapist will be discussed in this context. A detailed demonstration of side-lying massage for the third trimester will be shown. Emphasis is given to working with areas of tension and myofascial restriction commonly associated with pregnancy. Each student will partner with another for practice with a pregnant volunteer.

The second day is essential to therapists working with pregnant women. It emphasizes the legacy of changes inherent in pregnancy, birth, cesarean surgery, and providing newborn care. Participants will learn about the

physiological and psychological changes following both natural and surgical birth. Addressing these changes with active listening skills and bodywork is our focus. Swedish and myofascial mobilization techniques will be demonstrated and students will practice with each other.

In addition, postural assessment and teaching sound postpartum body mechanics are covered. Cesarean scar care and adhesion reduction is shown. Emotional and social adjustment issues are addressed, as participants may be in contact with the mother soon after birth.

This class is modified from the course Bodywork for the Childbearing Cycle, which is NCBTMB approved as a 3 day course – in this case offering 14 CEUs.

Brief Description of the Instructor:

Susanrachel Condon, LMT, CCE, LM, is a graduate of the Swedish Institute College of Massage Therapy & Allied Health Sciences and has been a New York State licensed massage therapist since 1991. She served on the faculty of the Swedish Institute for over fifteen years, and currently participates extensively as an instructor in their continuing education program. Since 1994, Susanrachel has taught Bodywork for the Childbearing Cycle, a nationally recognized (NCBTMB) certification course she developed for massage and bodywork professionals with Shelley McGrew, LMT, CCE, RN, and Richard Condon.

Susanrachel also graduated from the State University of New York Health Science Center at Brooklyn Midwifery Program in 1998 and is a nationally certified and New York State licensed midwife. She was certified to teach childbirth preparation, newborn care and breastfeeding classes in 1996 by the Childbirth Education Association of Metropolitan NY and served two terms as President of the CEAMNY Board of Directors.

Save the Dates for More 2013 Classes!

Lymphatic Facilitation for the Head, Neck and Face

Instructor: Dale E. Perry, LMT, CLT, NCSMT

Date: Saturday, November 16, 2013

Time: 9:00 AM to 6:00 PM .

CEHs: 8

Medical/Functional Massage for the Hip and Thigh

Instructor: Dale E. Perry, LMT, CLT, NCSMT

Date: Sunday, November 17, 2013

Time: 9:00 AM to 6:00 PM

CEHs: 8

For more information on the Hudson Valley Unit,
please contact Tracy Clark-Cherry:

845-706-6692 • tcherrylmt@yahoo.com

NYC/LI UNIT:

JESSICA TAYLOR, CHAIR

Action Packed Year Ahead for 2013

A Holistic Approach to Infant Massage

Instructor: Susanrachel Condon

Date: February 24, 2013

Time: 10:00 AM – 6:00 PM **CEHs:** 7

Location: Chelsea Studios, 151 West 26th Street NY, NY 10001

Cost: Member: \$105 **Non-member:** \$175 **Student Member:** \$84

\$10 off for early registration before 1/24/2013 Cancellation fee applies if canceled after 1/10/2013.

Bring: A mat to sit on floor (tables and chairs will be provided if unable to sit on floor)

Myofascial Strategies for the Shoulder Girdle & Upper Extremity

Instructor: Richard Condon

Date: March 9, 2013

Time: 9:00AM to 5:00PM **CEHs:** 7

Location: Chelsea Studios, 151 West 26th Street, NY, NY 10001

Cost: Member: \$105 **Non-member:** \$175 **Student Member:** \$84

Early Registration: \$10 off for early registration before 2/9/2013 Cancellation fee applies: \$50 cancellation fee after 3/2/2013

Description: This class details essential myofascial relationships between the arms, shoulder girdles, neck and thorax and elucidates lesser-known joint biomechanics which carry significant therapeutic implications. Visual and palpatory assessment of structural dynamics underpin intelligent strategies for resolving pain and restoring function throughout the upper body. Innovative, effective techniques are discussed, demonstrated and practiced.

Richard Condon, LMT, CAR, graduated from the Swedish Institute College of Massage Therapy & Allied Health Sciences in 1991, The Rolf Institute in 2001 and became an Advanced Rolfer in 2009. Alongside his private practice, Richard's professional experience includes serving on the Swedish Institute faculty and working as a principle therapist for eight years with Dr. Gary Ostrow, DO at The Ostrow Institute for Pain Management. Extensive continuing education includes a personal mentorship under master Rolfer Dr. Louis Schultz, a week-long human cadaver dissection under the guidance of Dr. Gil Hedley, eighteen months of visceral manipulation and biomechanical study with Advanced Rolfer Liz Gaggini and the Rossiter System with Advanced Rolfer Richard Rossiter. In the Spring of 2008 he presented two popular myofascial classes for the AMTA NY Chapter annual convention. Outside of bodywork, Richard is co-owner of Ultimate Gymnastics, competes in olympic-style weightlifting and relishes a good game of chess. He and his wife have three children.

Prenatal and Postpartum Massage Intensive

Instructor: Susanrachel Condon

Date: March 23-24, 2013

Time: 10:00AM – 6:00PM CEHs: 14

Location: Hilton Garden Hotel 2038 Old Country Road Riverhead

Cost: Member: \$210 **Non-member:** \$350 **Student Member:** \$168

Early Registration: \$20 off for early registration before 1/24/2013

\$50 cancellation fee if canceled after 3/10/2013

Bring: table/linens/ and body cushion (or 4 standard size bed pillows)

Thai for the Table

Instructor: Patrick Ingrassia

Date: September 7-8, 2013

Location: Marriott Residence Inn, 9 Gerhard Street, Plainview, NY 11803

Description: In "Thai for the Table" you will learn about the Thai modality; including proper body mechanics and ergonomics. You will be able to increase your customer base by adding this fully clothed modality to your "tool box" and have fun while you're doing it!

Patrick Lee Ingrassia, LMT, is a renowned massage therapist, teacher, and innovator, as well as the founder of the Nayada Institute of Massage. Patrick graduated from the Florida School of Massage, and went on to earn his Thai Massage Teacher Certification from the Institute of Thai Massage in Chiang Mai, Thailand, after studying extensively with Master Chongkol Setthakorn. He has been teaching massage in the United States, Canada, Costa Rica, and Mexico for over 15 years. Patrick invented the BodySaver Method, a unique modality that allows massage therapists to extend their careers and protect their bodies while delivering effective massage at any pressure. Emphasizing experiential training, Patrick teaches creative, practical methods that students can put to use immediately to enhance their massage careers.

Meet-ups

Wed, January 16 – Starbucks, 1251 Middle Country Rd., Selden, NY 11784

Sat, February 16 - Gentle Brew, 107 Stewart Ave., Hicksville, NY 11801

Mon, March 18 - Café Grumpy, 224 W 20th St., New York, NY 10011

Wed, April 17 - Starbucks, 513 New York 111, Hauppauge, NY 11788

Sat, May 18 - The Golden Pear, 2426 Montauk Hwy., Bridgehampton, NY 11932

Mon, June 17 - Green Earth, 50 E. Main Street, Riverhead, NY 11901

Wed, July 17 - Aldo's, 105 Front St., Greenport, NY 11944

Sat, August 17 - Egyptian Coffee Shop, 25-09 Steinway St., Astoria, NY 11103

Mon, September 16 - Moriches Beanery Café, Montauk Hwy., Moriches, NY 11955

Wed, October 16 - Oren's, 1144 Lexington Ave., NY, NY 10075

Sat, November 16 – DeLuxe, 410 7th Ave., Brooklyn, NY 11215

Mon, December 16 - Kiss my Cake, 387 New York Ave., Huntington, NY 11743

All Saturday and Wednesday Meet-ups are 10:00 AM.

All Monday Meet-ups are 7:15 PM.

For more information on the NYC/LI Unit,

please contact Jessica Taylor, LMT:

631-427-3183 • naturalhealinghands@gmail.com

NORTHERN NEW YORK UNIT:

CLAIRE M. SANTERRE, CHAIR

2013 Classes

Thai for the Table Side Lying/Prone

Instructor: Patrick Ingrassia

Dates: January 29 - 30, 2013 (Tues & Wed)

Time: 9:00 AM to 6:00 PM

CEHs: 16

Location: Knights of Columbus Hall 36 High Street Tupper Lake, NY 12986

Cost: Member: \$240.00 **Non-member:** \$400.00

Student Member: \$192.00

Bring: This is a hands-on class, please bring massage table and linens

Meal arrangements: Please bring a bag lunch. Brief Unit Meeting after lunch

Course Description: In "Thai for the Table", you will learn about the Thai modality; including proper body mechanics and ergonomics. You will be able to increase your customer base by adding this fully clothed modality to your "tool box" and have fun while you're doing it!

Patrick Lee Ingrassia, LMT, is a renowned massage therapist, teacher, and innovator, as well as the founder of the Nayada Institute of Massage. Patrick graduated from the Florida School of Massage, and went on to earn his Thai Massage Teacher Certification from the Institute of Thai Massage in Chiang Mai, Thailand, after studying extensively with Master Chongkol Setthakorn. He has been teaching massage in the United States, Canada, Costa Rica, and Mexico for over 15 years. Patrick invented the BodySaver Method, a unique modality that allows massage therapists to extend their careers and protect their bodies while delivering effective massage at any pressure. Emphasizing experiential training, Patrick teaches creative, practical methods that students can put to use immediately to enhance their massage careers.

The Body Saver "No Thumbs" Method

Instructor: Patrick Ingrassia

Dates: February 9 - 10, 2013

Time: 9:00 AM to 6:00 PM

CEHs: 16

Location: Knights of Columbus Hall 36 High Street Tupper Lake, NY 12986

Cost: Member: \$240.00 **Non-member:** \$400.00 **Student Member:** \$192.00

Bring: This is a hands-on class, please bring massage table and linens

Meal arrangements: Please bring a bag lunch. Brief Unit Meeting after lunch

Course Description: Learn how to use fists, forearms, elbows, and knees to save wear and tear on your body. Ergonomics and proper body mechanics is part of this interesting class. Increase your longevity as a massage therapist and have fun doing it!

For more information on the Northern New York Unit, please contact Claire Santerre:

518-359-8776 • clairetherapeuticmassage@roadrunner.com

WESTERN FINGER LAKES UNIT:

DEB REIFENRATH, CHAIR

Save the dates for 2013!

Psoas Release Techniques

Instructor: Kerrie Flynn, LMT

Date: Friday, March 29th, 2013

Time: 5:00 pm-9:00 pm

CEHs: 4

Location: RIT Inn and Conference Center, 5257 West Henrietta Road, Henrietta, NY 14467

Cost: Members: \$60.00 **Non-members:** \$100.00

Student members: \$48.00

\$10.00 off if registering before Friday, March 8th.

Cancellation fee applies if canceled after Friday, March 22nd, 2013. Cancellations are based on post mark date or email date and all cancellations must be in writing. Exceptions made only with approval of the AMTA-NY Chapter Board of Directors.

Participants should bring massage tables, sheets, bolsters, lotions, shorts and T-shirts.

There is a restaurant on the premises for anyone needing to get dinner.

Last day to register is Friday, March 22nd, 2013.

Description: Approach the psoas with confidence. Understand the importance of this muscle and the effectiveness of releasing its trigger points. Clients will complain of low back and hip pain. Our basic education taught us spinal-back massage protocols, but that is only half of the job. You must work the "front of the back". The psoas major and minor and Iliacus are primary core stabilizers. We will focus on location, palpation and learn hands-on massage techniques that will release, stretch and strengthen these powerful core muscles. Techniques will include Trigger Point Therapy, Myofascial Release, Active Isolated Stretching, Active Release Techniques and Passive Stretching. Deepen your therapeutic impact by working with the psoas and other hip-flexing synergist muscles and truly relieve chronic low back, hip and leg pain.

Sports Massage and Marketing

Instructor: Kerrie Flynn, LMT

Date: Saturday, March 30th, and Sunday, March 31st, 2013

Time: 9:00 AM - 5:00 PM both days

CEHs: 16

Location: RIT Inn and Conference Center, 5257 West Henrietta Road, Henrietta, NY 14467

Cost: Members: \$240.00 **Non-members:** \$400.00

Student Members: \$196.00

\$10.00 off if registering before Friday, March 8th, 2013

Cancellation fee applies if canceled after Sept. 20th, 2013.

Cancellations are based on post mark date or email date and all cancellations must be in writing. Exceptions made only with approval of the AMTA-NY Chapter Board of Directors.

Participants should bring massage tables, sheets, bolsters, lotions, shorts and T-shirts.

All students are welcome to bring their lunch as we will be having a member meeting during the lunch hour. There is a restaurant on the premises for lunch.

Last day to register is Friday, March 22nd, 2013.

Course Description: If working with amateur and professional athletes is the goal of your massage career then this two-day course will give you the hands-on skills, the professional confidence, and the marketing strategies you will need to achieve that goal. Learn four effective strokes/movements that have been used in Sports Massage for years. They are simple techniques that are effective, diagnostic, and also aid in quick recovery. Clients will love your professional approach and feel the distinction. There is a big difference between Sports Massage and Swedish Massage.

Kerrie Flynn, LMT, has expertise based on more than 21 years of combined experience as a Sports Massage Therapist, a Certified Flexibility Trainer, a Registered Yoga Teacher, and a former professional dancer. She has worked with the top professional athletes in sports; including members of the NY Knicks, NY Giants, Women's Tennis Association, and PGA. She has received numerous awards for her Sports Massage work and has never lost her passion to improve the movement of her clients. A popular and inspirational educator, Kerrie is passionate about teaching amateur and professional athletes how to take care of themselves and prolong their enjoyment of sports, free of injury and pain.

Thailand Massage on the Table

Instructor: Maxine Shapiro, Lic. Ac., AMTA

Date: Friday, Sept 27th, Saturday, Sept 28th and Sunday, Sept. 29th

Time: 9 am – 5:30 pm

CEHs: 21

Location: RIT Inn and Conference Center, 5257 West Henrietta Road, Henrietta, NY 14467

Cost: Members: \$315.00 **Non-members:** \$525.00:

Student Members: \$ 252.00

\$10.00 off if registering before Friday, Sept. 6th, 2013

Cancellation fee applies if canceled after Sept. 20th, 2013.

Cancellations are based on post mark date or email date and all cancellations must be in writing. Exceptions made only with approval of the AMTA-NY Chapter Board of Directors.

Participants should bring 2 pillows, medium sized towel, massage table and wear loose clothing and socks.

Lunch is available at Petals Restaurant or at nearby local restaurants. You may bring your own lunch if preferred.

Last day to sign up is Friday, Sept. 20th, 2013

Description: Thailand Massage is a 2500 year old healing art which addresses modern stress and pain issues. Through rhythmic compression, gentle rocking and stretching, the therapists will learn different approaches for back, neck and shoulder pain. The weekend warrior and the spa client can benefit from this work with clothes on. This Asian modality uses acupoints, pathways, Myofascial and lymphatic approaches to support the parasympathetic system and increase flexibility.

Maxine M. Shapiro has taught "Thailand Massage on the Table" for AMTA National, regional and state conferences in Nebraska, New Orleans, New England and abroad. She bridges Asian and Western practices so that massage therapists can include this ancient oriental art effectively. Maxine is nationally licensed in acupuncture and massage and has taught Thailand Massage for over 19 years. She is author of *The Dancing Meditation of Thailand Traditional Massage*. *The Massage Therapy Journal*. Fall issue book reviewer said it was "like having a personal teacher."

For more information on the Western Finger Lakes Unit,

please contact Deb Reifenrath:

518-944-5838 • debrrath@yahoo.com

WESTERN NEW YORK UNIT:

DEBORAH HASTINGS, CHAIR

Upcoming 2013 Classes

Advanced Chair Massage

Instructor: Patrick Ingrassia

2 Day Workshop: Tuesday, February 19th - 8am to 5pm & Tuesday, March 12th - 8am to 5pm

CEHs: 16

Location: Holiday Inn Buffalo Airport, 4600 Genesee Street, Cheektowaga, NY 14225

Pricing: Member: \$240 **Non-member:** \$400 **Student Member:** \$192

\$10 off for early registration if registered before Jan. 30, 2013*

****\$25 Cancellation fee applies if canceled after Feb. 12, 2013****

Meal arrangements: \$12.95 optional lunch fee. One hour lunch time will include Unit Meeting.

Class Max: 20

Course Description: Many massage therapists think of the chair as a tool for a "preview" of their work. This course will enable you to give a 30 to 90 minute, head to toe, effective therapeutic treatment, including range of motion work and reverse position—all without oils or the need for your clients to disrobe. You'll learn all this and more in a course that truly deserves the title "advanced". You will be trained to give chair sessions that go above and beyond "15 minutes of relaxation". Your chair will be transformed into a portable massage treatment center, allowing you to treat and impress your on-the-go clients.



Patrick Lee Ingrassia, LMT, is a world-renowned massage therapist, teacher, and innovator, as well as the founder of the Nayada Institute of Massage. Patrick graduated from the Florida School of Massage, and went on to earn his Thai Massage Teacher Certification from the Institute of Thai Massage in Chiang Mai, Thailand, after studying extensively with Master Chongkol Setthakorn. He has been teaching massage

in the United States, Canada, Costa Rica, and Mexico for over 15 years.

Reflexology Certification Course

Instructor: MaryAnn Chirichella, BS, AS, LMT, NCTMB

Three 3 day weekend workshop: May 17-19, June 7-9, & Oct. 4-6, 2013

Classes are 8am to 5pm every day, with a one hour lunch break.

Attendance at all 3 weekends is required to sit for Reflexology boards.

CEHs: 72

Location: RIT Conference Center, 5257 West Henrietta Road, West Henrietta, NY 14586

Pricing: Member: \$1,080 **Non-member:** \$1,800 **Student Member:** \$864

Registration must be received by April 30, 2013

****\$100 Cancellation fee applies if canceled after May 10th, 2013****

Course Description: This 3-part certification program offers an in-depth study of the reflexology system, including: its history, principles and benefits; its relationship to anatomy and physiology; and the guidelines for giving a session. Students will receive instruction in reflexology techniques such as: thumb walking, finger walking, pinpoint and rotate, and hook and back up. Common foot pathologies, contraindications and precautions, and instruction on how to easily locate reflexes by using guidelines to create a map of the body on the feet will be explored.

In addition to the classroom hours, students will be required to perform and document 38 practice sessions on friends and family members. In order to complete this task, class instruction on how to evaluate a health history and observe and record client progress will be given. Upon completion students should have the skills and confidence necessary to perform a full reflexology session.

After successfully completing the course requirements and demonstrating proficiency in the application of a full reflexology session, students will be awarded a Professional Certification in reflexology. In addition, if they decide they would like to become nationally certified, this course meets

all requirements necessary for them to sit for the National Certification test offered by the American Reflexology Certification Board (ARCB).

MaryAnn Chirichella, BS, AS, LMT, NCTMB, has 28 years of experience in the field of massage therapy. She is licensed to practice massage in both New York and Florida. In addition, she is an Adjunct Faculty member of New York College of Health Professions, an ARCB Nationally Certified Reflexologist, one of only twenty-eight ACARET Nationally Accredited Reflexology Educators, an NCBTMB Continuing Education Provider, a Certified Reiki Master, Tai Qi and Qi Gong instructor and an Ordained Interfaith Minister. She has designed and facilitated numerous seminars, certification programs and continuing education courses.

For more information or to register for these courses, visit www.amtany.org



Our December Meet-up was great!

Member Zsuzsanna Heilig showed us Compression & Traction Myofascial Technique.

Save the Date for Upcoming 2014 Classes

March 1, 2014 – Myofascial - 6 CEHs

January 25 & 26, 2014 - 2 Day Workshop - Advanced Shiatsu - 12 CEHs

September 27 & 28, 2014 - 2 Day Workshop - Advanced Shiatsu - 12 CEHs

More Details to Come!

Interested in volunteering at the Western NY Unit Chair? Contact Deborah Hastings to find out more!

For more information on the Western NY Unit, please contact Deborah Hastings:

716-201-1300 • debjhastings@gmail.com

A NOTE FROM A STUDENT

I just wanted to send a word of thanks for taking the time to come and speak with us at the Swedish Institute. No other professional organization took the time to reach out to us, much less make the trek to NYC for a 30-minute presentation. This speaks loads of how the AMTA is supportive of our best interests and is the deciding factor for which organization I will happily join upon graduation.

I look forward to seeing you at the 2013 NY convention. I appreciate so very much that you have arranged with the Chikly Institute to have Lymph Drainage Therapy Level 1 presented there. This is another indicator that AMTA is on the ball in supporting the promotion of manual therapy.

Thanks again for doing what you do and I hope to interact with you in the future.

Sincerely,

Matt

VOLUNTEER WITH AMTA-NY?

I DON'T HAVE TIME...OR DO I? WHAT'S IN IT FOR ME?

BY CINDY ALLEN, LMT



Time is at a premium for each of us and if you're like me, it's difficult to spare a moment for yourself. So how can you possibly consider volunteering for AMTA when you're so busy? It's not an easy choice but there are definite levels of commitment and rewards that go with each level.

For example, have you thought that it might be fun to attend the AMTA National Convention but it's just too expensive? At this year's AMTA-NY Chapter Annual Convention at The Sagamore, we will be electing three delegates to attend the AMTA National Convention. These delegates will represent our chapter at the National Convention and in exchange for taking on this responsibility, the NY Chapter will pay for their trip.

WHAT DOES THE CHAPTER EXPECT?

Delegates are elected to a 2 year term. Because AMTA is a member driven organization, members (through the delegates) have a voice in the House of Delegates (HOD), which meets at every National Convention. The responsibility of a delegate is to be very familiar with the proposed position statements and recommendations and poll their Chapter membership via phone. You are expected to call and speak with 20-30 AMTA-NY members (phone numbers are provided) to ask for their thoughts on the position statements. You

must call into four AMTA-NY Chapter Board of Directors meetings over the two year course of your term.

There are also three to five mandatory conference calls in the months leading up to the National Convention that you must call into.

You will attend the National Convention representing the New York Chapter. This year the National Convention will be held in Ft. Worth, Texas and it will be in Colorado in 2014. Once the HOD is in session at the National Convention, delegates vote on whether or not to approve what is brought to the floor. It is a big responsibility but there is always a NY Lead Delegate who helps mentor the newly elected delegates from the state.

Finally, you must write a summary of your experience at the HOD and submit it to the Board and then you will be reimbursed for your expenses.

WHAT'S IN IT FOR YOU?

As a delegate, elected for 2 years, you attend the AMTA National Convention. The HOD meets on Thursday afternoon before the official start of classes. After the HOD is closed that evening, you can attend the AMTA national convention classes all Friday and Saturday. Your convention registration, airfare, meals, and shared room accommodations are all reimbursed by the NY Chapter after you submit your report.

WHAT OTHER VOLUNTEER OPPORTUNITIES ARE AVAILABLE?

- Volunteer for the Community Service Massage Team at an event local to you.

We're also forming an Emergency Response division of this team and will begin training around the state this year. The intent of

this special team is to provide massage for emergency workers in the aftermath of disasters such as Hurricane Sandy.

- Assist the Unit Chair with classes and meet-ups in your area.

As a facilitator for a class, you could take it for free in exchange for your assistance in running the class. This is an opportunity for you to learn a new skill and network with other therapists.

- Volunteer on a committee.

We have numerous committees that are looking for just the talent you have: the Education Committee, Newsletter Committee, Government Relations Committee, and the NY Annual Convention Committee, just to name a few. Each brings its own distinct expectations and rewards.

- Volunteer on the Board of Directors

This year we will be electing the 1st Vice President, 3rd Vice President and Treasurer. Each has different requirements to be eligible to run (please refer to the New York Chapter Standing Rules to learn more). Yes, it's a significant commitment of time and energy, but the rewards are equally significant. It would be lengthy to lay out all the expectations of being a board member. It would be equally difficult to tell you all the benefits that you can derive. Please feel free to contact me or any of your BOD members and we'll be happy to speak to you about what it means to be a leader in this Chapter.

Regardless of what level you consider volunteering in your AMTA, I guarantee that you will meet amazing people who will remain your friends throughout your career. You'll have the opportunity to experience things you might not have considered possible before you got involved. It will bring a new level of commitment and pride to your own massage practice, being connected to and relied upon by your peers. And you can have a lot of fun.

So, be sure to consider carefully. You'll have to give that most precious of possessions, time, however don't forget to also consider the many possible rewards you will experience.

For me, it's been a lot of time and energy, but it has also been a worthwhile and enlightening commitment. It's helped me grow professionally and personally. I've made lifelong friends and most importantly, it's been fun.

What unexpected benefits and opportunities might volunteering with AMTA-NY offer you?

There's really only one way to find out...

USEFUL LINKS

AMTA National Office

www.amtamassage.org

NYS Education Department Office of the Professions

www.op.nysed.gov/prof/mt

Massage Therapy Journal

www.amtamassage.org/journal/home.html

Massage & Bodywork Magazine

www.massagemag.com

Massage Today

www.massagetoday.com

MASSAGE THERAPY FOUNDATION

www.massagetherapyfoundation.org

SOCIAL NETWORKING

To network online with AMTA, visit www.amtamassage.org and click on the corresponding social media icons at the bottom of the page, or follow these links:



FACEBOOK*

www.facebook.com/amtanychapter



LINKEDIN

www.linkedin.com/

and Search Groups:

American Massage Therapy Association (AMTA)



TWITTER*

www.twitter.com/AMTANY



YOUTUBE

www.youtube.com/amtamassage

* Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.

“OHHHH, MY ACHING FOOT!”

ASSESSMENT AND TREATMENT OF PLANTAR FASCIITIS

BY JEFF MAHADEEN

The coming of spring means rebirth and rejuvenation. Spring is also a time that we come out of our long winter hibernation, and for many of us, exercise starts to take center stage.

A common injury associated with this increase in physical activity is plantar fasciitis.

ANATOMY AND PHYSIOLOGY OF THE PLANTAR FASCIA

The plantar fascia (PF) is located on the bottom of the foot deep to the skin and adipose layer of the plantar surface of the foot. The PF attaches to the anterior calcaneus on one end and the five metatarsal heads and phalanges on the distal end.

In the picture to the left, the plantar fascia is the superficial layer and is also known as the plantar aponeurosis.

One of the functions of the PF is to help maintain the integrity of all the arches, but its main focus of arch support is on the integrity of the medial longitudinal arch (MLA). The MLA is the long arch on the inside of the foot.

At midstance (after heel strike and just prior to the push-off phase) of walking, the foot is flat on the ground, with the ankle flexed and the toes in extension. This is when the PF is pulled taut. This creates kinetic energy to propel the body forward. The kinetic energy of an object is the energy it possesses because of its motion. Think of a rubber band running from the heel to the toes, and the rubber band is being stretched every time you move the “toes to the nose” (dorsiflexion). The rubber band (the plantar fascia) is storing energy to pull the toes back down into neutral position. With the push-off phase the plantar fascia is using that energy to thrust you forward.

WHAT IS PLANTAR FASCIITIS?

Plantar fasciitis is an inflammatory condition involving the plantar fascia near the calcaneal attachment. There is controversy about the “inflammatory” part of plantar fasciitis. It is now being viewed in the same context as tendonitis and tendinosis conditions. The inflammatory response is a reaction to injury or a repetitive stress injury. The “itis” part of this condition may last up to a month and is typically located near the calcaneal attachment. This is a much smaller and more focused attachment than the distal attachment of the five tendons that run up to the toes. The tensile forces coming from all five toes tend to pull heavily on one central point, the calcaneus. Lets also remember our anatomy; the tendons do not actually attach to the osseous tissue, right? The tendons attach to the periosteum surrounding the calcaneus, which is loaded with pain receptors, so this injury tends to be extremely painful. The pulling on the periosteum also creates stress loads on the bone which is a signal for bone growth. If this new growth occurs, it may be in the form of a bone spur because of the localized pulling of the plantar fascias attachment on the calcaneus.

Plantar fasciitis can often be the result of a fallen arch (a “flat foot”) causing pronation (eversion) of the foot and ankle. This is a biomechanical dysfunction

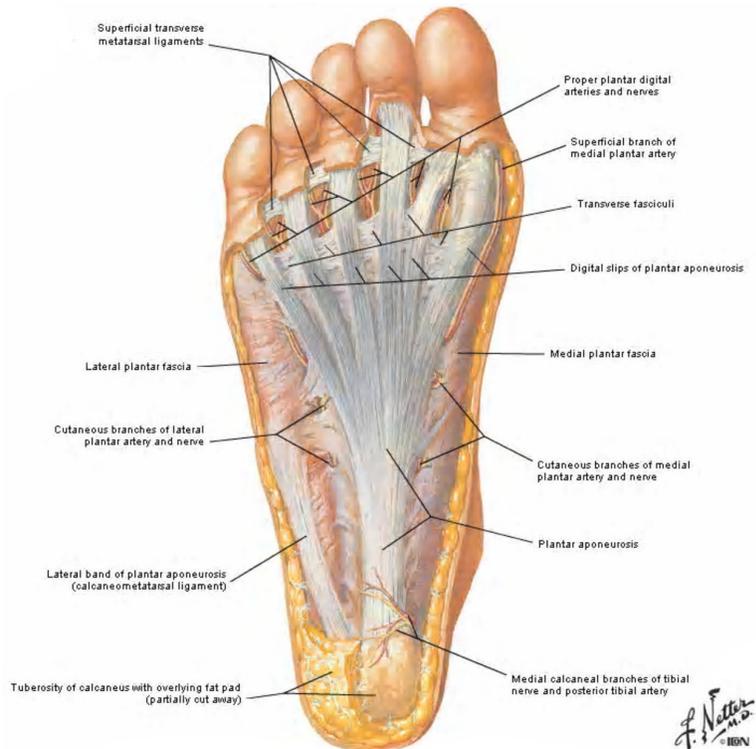


Image from *Atlas of Human Anatomy* (1997), by Frank H. Netter

tion which results in the medial arch lowering to the ground. One of the functions of the arch is to act as a shock absorber, so when the arch lowers to the ground it loses some of its shock absorption abilities. The plantar fascia will then get recruited to increase its overall role in shock absorption. So the plantar fascia is being overstretched due to the pronation, and then being asked to act as a shock absorber. This leaves it vulnerable to a biomechanical stress injury. Imagine taking a rubber band and stretching it to its max, then asking the rubber band to function for a little extra elasticity – “snap”! In the case of the plantar fascia, it’s less “snap” and more “pull... tug... pull... tug...” on the periosteum of the calcaneal attachment.

Now that I have shown you that a flattened arch is the major contributor, I have to add a little confusion to the scenario. A supinated arch is an arch moving in the opposite direction; not down toward the floor but up toward the ceiling. It is a high arch and may be high due to a short plantar fascia which pulls the heads of the metatarsals closer to the calcaneus. A supinated arch can also be a contributor to plantar fasciitis. Think about having a piece of paper lying flat on a table top and you take the two ends of the paper (i.e. heads of the metatarsals on one end and the calcaneus on the opposite end) and gently push the two ends towards one another. What happens? The center of the paper bows up as a supinated arch.

ASSESSMENT

When assessing a client with plantar fasciitis a thorough subjective assessment should be utilized.

1. Is your client starting new high impact exercises? Are they running or playing basketball on hard surfaces?

2. Is your client waking up with plantar foot pain? While sleeping, the foot is in plantar flexion. That leads to the plantar fascia being put into a shortened position for a prolonged period of time. Upon rising from bed, the client often experiences pain due to the tissue being shortened and then needing to re-stretch.

3. Is the pain located anterior to the calcaneus? Remember, from the discussions above, that the greatest tensile stress is being placed anterior to the calcaneus. As far as diagnosing the presence of a bone spur (also discussed above), an X-Ray will be the best and easiest assessment for the spur.

TREATMENT

Treating the plantar fascia consists of treating the site of pain, as well as treating the surrounding tissue that is myofascially continuous with the plantar fascia. When treating the plantar fascia, be aware that the site of discomfort, anterior to the calcaneus, may be extremely tender and could contain a bone spur. While treating, closely monitor client's discomfort to properly ensure comfortable treatment level. Since the plantar fascia is short, elongation techniques applied to the plantar fascia utilizing a loose fist or longitudinal thumb stripping will begin to create length

in the plantar fascia. Cross fiber techniques to the plantar fascia will help to stimulate fibroblasts which will help the repair process of the fascia.

Treatment of the tissue that is fascially continuous with the plantar fascia is also beneficial to the healing process. Looking at the myofascial chain, the plantar fascia connection on the calcaneus would continue over the calcaneus proximally to the Achilles tendon. Treatment of the muscles that connect to the Achilles tendon is also needed due to the pulling forces on the calcaneus. Elongation of the two heads of gastrocnemius and soleus will help to ensure a quick and thorough healing. Cross fiber friction may also be applied to any adhesions found in the bellies of the aforementioned muscles.

Treatment of all the muscles of the lower leg may be beneficial because of the biomechanical compensation patterns. Strengthening and re-education may also be in-order for the treatment plan. Since that is beyond the scope of the average massage therapist I won't elaborate on that end of the treatment protocol; though I do encourage you to have a strong referral network that includes a physical therapist and a personal trainer.

Also, since many of your clients may suffer with

biomechanical dysfunction patterns in the foot, another part of your referral network should include a trained orthotist who can see to the proper fitting of orthotics. The orthotics will help relieve the stress patterns of the plantar fascia and correct poor biomechanics from the pelvis through the foot.

To have the best possible outcome, the client needs to take an active role in the treatment of any condition. They should be given stretches for the plantar surface of the foot, gastrocnemius and soleus. They should perform these stretches upon rising from bed and repeat them throughout the day. Other treatments you could suggest to the client would be rolling the plantar surface of the foot on a tennis ball and, afterward, icing the bottom of the foot with a bag of peas that will contour to the shape of the foot.

I hope this helps with your next plantar fasciitis client.

Jeff Mahadeen, LMT, NCBTMB, Structural Integrator, Advanced Educator

Muscular Wellness Institute, Bow NH,
603-228-7711,
www.MuscularWellnessInstitute.com

The Upledger Institute International is endorsed by the International Alliance of Healthcare Educators



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*John M. Upledger, CEO
and John E. Upledger, DO, OMM,
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- Earn contact hours to satisfy continuing education credits

CranioSacral Therapy 1 (CS1)

Albany, NY Feb 21-24, 2013
New York, NY May 16-19, 2013
Portsmouth, NH Feb 28-3, 2013

CranioSacral Therapy 2 (CS2)

Albany, NY Feb 21-24, 2013
Boston, MA Apr 18-21, 2013

SomatoEmotional Release 1 (SER1)

Portsmouth, NH Feb 28-3, 2013
Albany, NY Feb 21-24, 2013

CranioSacral Therapy (SYMCS)

Providence, RI Apr 27-28, 2013

Additional dates and locations at Upledger.com

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NOTES FROM SANDY RELIEF EFFORTS:

MASSAGE THERAPISTS MAKE TIME TO HELP THEIR NEIGHBORS

COMPILED BY: TONY SIACOTOS

On October 29, 2012, Hurricane Sandy made landfall on the coast of New Jersey, bringing rain, high winds, and flooding to New Jersey, New York and the surrounding area. When it arrived, it was the largest and most powerful Atlantic Hurricane in history. By the time it left it had affected every state along the Eastern Seaboard and left more damage in its wake than any other storm except Katrina. In response to such widespread devastation, residents of New York and neighboring states did what they always do after something so overwhelming and so awful... they volunteered. Doing jobs large and small, our neighbors and friends turned out en masse to try and repair the damage and offer comfort where they could.

Here are the efforts and observations of three of our own, offering the power of touch to those affected, first and second responders, and their fellow volunteers.

From Peter Cooper:

DAY ONE:

I spent yesterday in a medical shelter (a former Armory, then a YMCA track and Field facility, and now a cot city). I reported to volunteer, whether as EMT, LMT or Sherpa. After my allotted volunteer time was over, I went to the volunteer area to sign out and spotted a couple of massage tables at the end of the hall. A lady from upper Manhattan was already working on a nurse, but then another person noticed and two and a half hours flew by. I think I worked with 7 or 8 folks in that time, and loved it. My new friend from upper Manhattan said she worked on 8 people before she had to go – the spot was a good energetic area to work in.

DAY THREE:

Following the advice of my sister, I decided to focus my volunteer efforts in fewer areas rather than try to help in Red Hook Monday, Canarsie Tuesday, Staten Island Wednesday, etc... So I returned to the Park Slope shelter and offered foot massage to the crowd in the staff/volunteer lunchroom. THAT got attention! Something about standing around all day; I was swamped. Fortunately about an hour into the treatments, a MT – Reiki master showed up and we kept going together for a couple of hours.

DAY FOUR:

I walked over to the Armory today on a gorgeous fall day to find that yesterday afternoon while I was waiting all the folks in the shelter had been moved from one end to the other (to clean the floor, disinfect, etc.). So I went in, registered, announced my intention to “rub feet” in the break/lunchroom and got very busy for the next five hours on folks from Minnesota (river restoration, very cool) or Durango (body builder, smoke jumper, intense man, winged scapulas) and some folks from Hawaii. We seem to be able to help, but boy – its slow, almost three weeks! One very nice note: as a gesture of thanks to the original group of ten folks who held the shelter until the Red Cross, or New York City, arrived, a “Special Program” had been set up to give each of these folks a massage. Why? Because I offered. I was supposed to meet with someone at 4, but there was a crunch of people, I never saw this hero, so it may have to be rearranged.



Felicia's "office" at Guyon Rescue



Felicia Villiers volunteering at Arianna's Catering Hall

From Felicia Villiers:

I sent messages to groups that sprang up on Facebook aimed at coordinating help. Some people got back to me, others didn't. I asked people I met at sites I was already at if they knew of other places where I would be welcome. Sometimes, as I brought my chair back to wherever my car was parked, I'd see people trying to clean up and clear up and I just asked if they could use a little break.

Here is a partial list of the places on Staten Island where I volunteered:

- Susan Wagner High School Shelter
- Arianna's Catering Hall at 192 Ebbitts Lane
- 626 Midland Avenue, "Boots on the Ground Staten Island" group
- 1128 Olympia Ave, Staten Island Occupy Sandy Community Hub
- "Guyon Rescue" at the VFW Post at 525 Mill Road
- Cedar Grove Beach (tent city)

Some places I went to once, some places I was there for a week or two. When possible, I tried to move around to one or two in a day. There were many, many places I never got to. I cannot say any of it was organized; it was just trying to fill a need. I basically tried to stay anonymous, as I felt giving out business cards at such a heartbreaking time would be a disgusting display of opportunism (but that is just me, I can see the benefits of giving them too, but I just didn't feel right).

The stories were heartbreaking. Many people who came to the sites to pick up donated supplies would refuse chair massage. As they put it: "If I stop, I won't be able to start again". Many of the people I worked on were volunteers; including locals and some who traveled from Alabama, Louisiana, Oregon, Florida...well, they came from all over. To be honest, all the work I saw being done was by individuals. Even now, it is difficult to talk about or recall without tearing up (and I am not a tearing up type of person!).

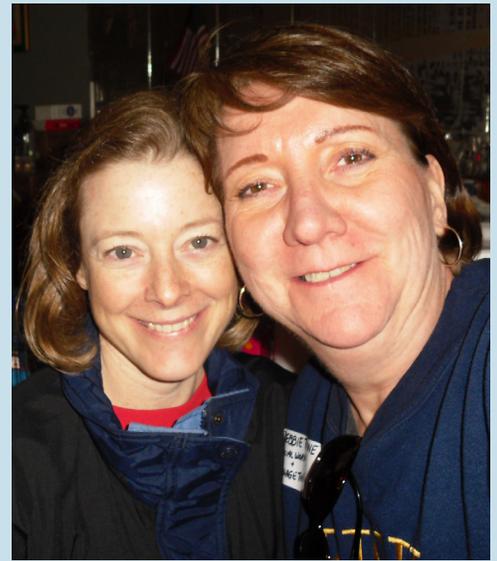
From Deborah Fatone:

After watching the news I saw that Gerritsen Beach was asking for help and I contacted their volunteer fire dept, the "Vollies". They had set up the Vollies Memorial Training Hall as a relief center on their own and I went down to help.

I went there twice in person, and I also sent out numerous emails asking for donations and instructing others as to how to purchase food gift cards to send, via internet, to the firehouse. The first day I went was two weeks after the storm and they were really too raw for massage... we ended up just unpacking things at the relief center and helping people find things they needed (i.e. batteries, food, etc...). We did end up massaging a handful of people, including the fire chief who headed the operation. We went again the following week and this time we set up chairs at another relief center in the same community, called The Court Club. We massaged many of the local community residents as well as the relief center volunteers. Then we packed up and went back to the Vollie Hall and massaged residents and relief center workers there as well.

It was amazing. It was heart-wrenching to see the devastation and hear the stories of what these people experienced. Yet it was heartwarming to see such an amazingly tight knit community come together and manage this relief operation on their own with little or no help from the government. The people were cold and bleary-eyed and beyond exhausted and they were so very grateful for the help and the massages.

I needed to study for my LMSW exam and really set a boundary; otherwise I would have gone down every week for many weeks, months, etc... I am connected to them on FB and see that the need is still there and I am often compelled to go down but I hope that others have gone down to do what they could do.

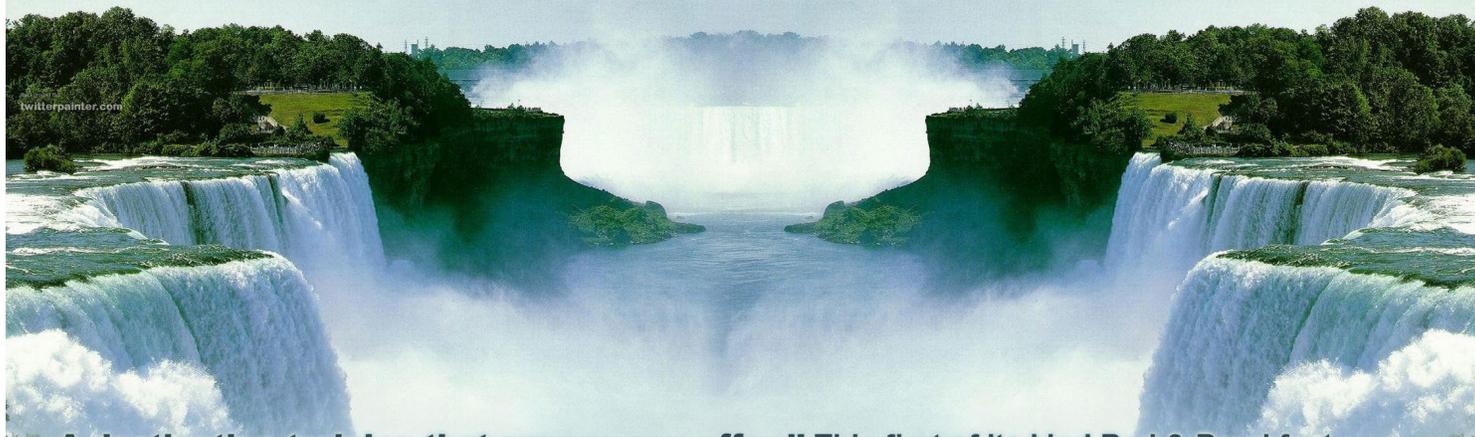


Joan Thompson and Deborah Fatone at the Gerritsen Beach Vollies Hall



Joan Thompson in her office at the Vollies Hall

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As an Advanced AIS practitioner and Certified Personal Trainer, she trained under and assisted Aaron Mattes (pioneer of AIS) across the United States and Canada. Marjorie's experiences contribute to the perspective that has allowed her to develop 2 specialized techniques: **F.A.S.T. Release Method™**, and **F.A.S.T. Therapy™**.

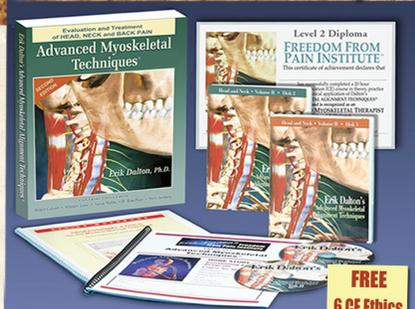
She offers seminars and lectures on both techniques throughout the US, Canada and Europe.

Marjorie has also authored two series of stretching manuals, 'Flexibility First: A Fitness Approach for Life' for the general Population and 'Flexibility First: The Professional Series' for Healthcare Providers. The manuals present the information in an easy user friendly format featuring the FAST Release Method.

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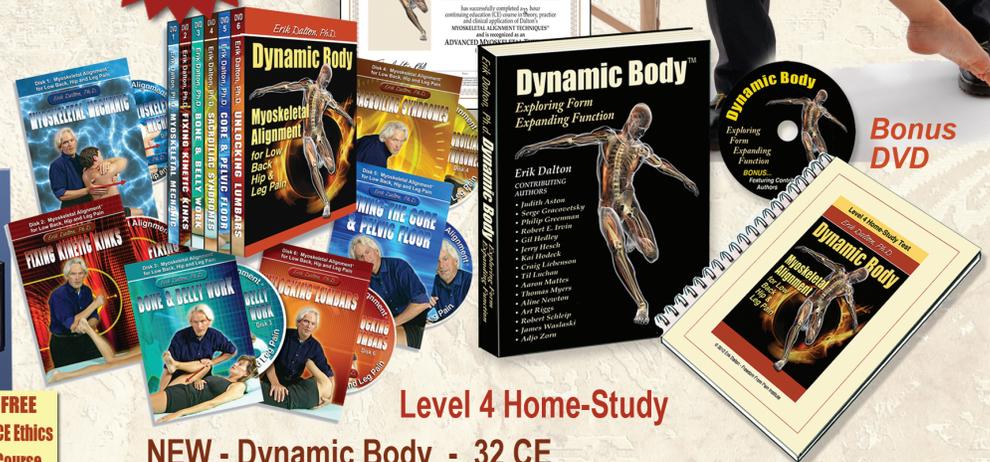
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BOARD OF DIRECTOR MEETINGS

February 27th, 2013	Conference Call
March 27th, 2013	Conference Call
April 18th, 2013	AMTA-NY Chapter Convention, The Sagamore Resort - Bolton Landing NY
May 22nd, 2013	Conference Call
June 26th, 2013	To Be Determined

2013 SAVE THE DATE FOR CLASSES AND MEET-UPS

January	
29	Thai for the Table (Side/Prone) – Northern NY Unit
February	
9	The Body Saver “No Thumbs” – Northern NY Unit
16	NYC/LI Unit Meet-Up – Hicksville, NY
19	Advanced Chair Massage – Western NY Unit
24	Holistic Approach to Infant Massage - NYC/LI Unit
March	
9	Myofascial Strategies for the Shoulder Girdle & Upper Extremity - NYC/LI Unit
16-17	Prenatal and Postpartum Massage Intensive – Hudson Valley Unit
18	NYC/LI Unit Meet-Up – NY, NY
23-24	Prenatal & Postpartum Massage Intensive - NYC/LI Unit
April	
17	NYC/LI Unit Meet-Up – Hauppauge, NY
18-21	Annual AMTA-NY Chapter Convention – The Sagamore Resort, Bolton Landing NY

May	
17-19	Reflexology Certification Course Pt. 1 – Western NY Unit
18	NYC/LI Unit Meet-Up – Bridgehampton, NY
June	
7-9	Reflexology Certification Course Pt. 2 – Western NY Unit
17	NYC/LI Unit Meet-Up – Riverhead, NY
July	
17	NYC/LI Unit Meet-Up – Greenport, NY 2013
August	
17	NYC/LI Unit Meet-Up – Queens, NY
September	
7-8	Thai for the Table: Supine NYC/LI Unit
16	NYC/LI Unit Meet-Up – Moriches, NY
October	
4-6	Reflexology Certification Course Pt. 3 – Western NY Unit
16	NYC/LI Unit Meet-Up – NY, NY
November	
16	NYC/LI Unit Meet-Up – Brooklyn, NY
December	
16	NYC/LI Unit Meet-Up – Huntington, NY

NATIONAL CONVENTION

September 25-28, 2013 Ft. Worth, Texas